



KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY  
Foundations of Yoga Therapy, Part 1  
**Ellen Schaeffer and more**

**FRIDAY, JANUARY 5**

2:00–5:00 pm

**SATURDAY, JANUARY 6**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, JANUARY 7**

9:00 am–12:00 pm

**MONDAY, JANUARY 8**

9:00 am–11:00 am (asynchronous option available)

**WEDNESDAY, JANUARY 10**

6:30–8:15 pm

**FRIDAY, JANUARY 12**

2:00–5:00 pm

**SATURDAY, JANUARY 13**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, JANUARY 14**

9:00 am–12:00 pm

**MONDAY, JANUARY 15**

9:00 am–11:00 am (asynchronous option available)

**WEDNESDAY, JANUARY 17**

6:30–8:15 pm

**FRIDAY, JANUARY 19**

2:00–5:00 pm

**SATURDAY, JANUARY 20**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, JANUARY 21**

9:00 am–12:00 pm

**MONDAY, JANUARY 22**

9:00 am–11:00 am (asynchronous option available)

**WEDNESDAY, JANUARY 24**

6:30–8:15 pm

**FRIDAY, JANUARY 26**

2:00–5:00 pm

**SATURDAY, JANUARY 27**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, JANUARY 28**

9:00 am–12:00 pm

**MONDAY, JANUARY 29**

9:00 am–11:00 am (asynchronous option available)

**WEDNESDAY, JANUARY 31**

6:30–8:15 pm

**FRIDAY, FEBRUARY 2**

2:00–5:00 pm

**SATURDAY, FEBRUARY 3**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, FEBRUARY 4**

9:00 am–12:00 pm

**MONDAY, FEBRUARY 5**

9:00 am–11:00 am (asynchronous option available)

**WEDNESDAY, FEBRUARY 7**

6:30–8:15 pm

**FRIDAY, FEBRUARY 9**

2:00–5:00 pm

**SATURDAY, FEBRUARY 10**

9:00 am–12:00 pm

2:00–5:00 pm

**SUNDAY, FEBRUARY 11**

9:00 am–12:00 pm

**Please note** Times are subject to change. All times are EST.